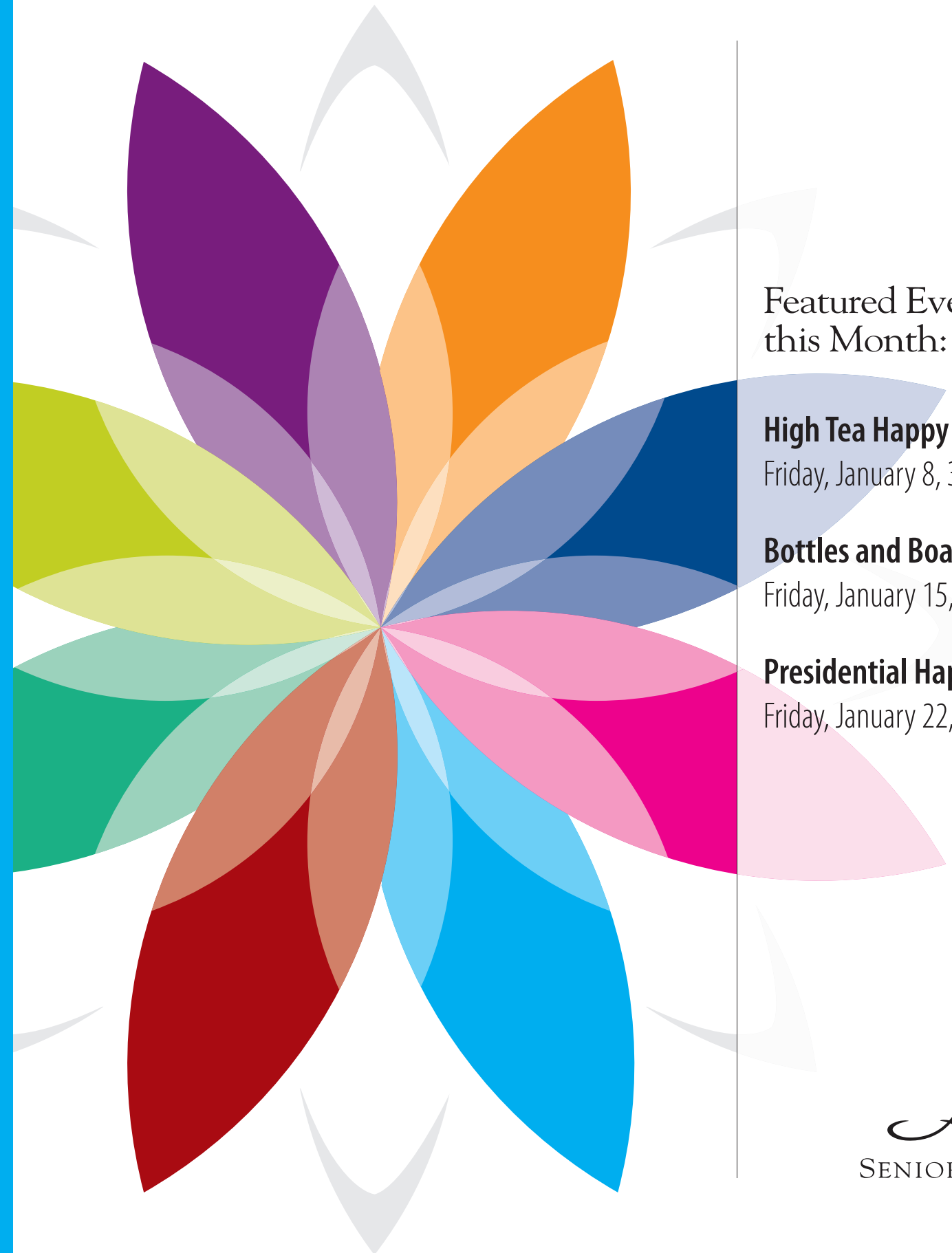


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

High Tea Happy Hour
Friday, January 8, 3:30 PM

Bottles and Boards Happy Hour
Friday, January 15, 3:00 PM

Presidential Happy Hour
Friday, January 22, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
 10:30 **LL** Lecture and Discussion (IR)
 10:30 **IS** Mass of the Air (IR)
 11:00 **C** Spread some Love to the Neighborhood (IR)
 1:30 **HF** Dynamic Warm up (DWY)
 2:30 **EF** Trivia
 3:30 **EF** January Tunes of the Week (HWY)
 6:00 Movie Time! (IR)



- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- Atria StoryWise**

ROOM LOCATION KEY:
 Activity Room AR
 Meet in Lobby LB
 In-Room IR
 DoorWay DWY
 Hallway HWY
 Mobile Cart MC

1
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 12:00 **CE** Letter to Future Self (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 **LL** The History of New Year's (HWY)
 3:00 **C** Social Distance Happy Hour (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

2
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 10:00 **C** Coffee Club (MC)
 11:00 **PA** New Year New You Goals (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **LL** The History of January (HWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

3
 10:30 **LL** Daily Chronicle & Events (IR)
 10:30 **IS** Mass of the Air
 11:00 **C** Spread some Love to the Neighborhood
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 **EF** Trivia (HWY)
 3:30 **EF** January's Tunes of the Week (HWY)
 6:00 Movie Time! (IR)

4
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

5
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 Puzzle Packets (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **LL** Ted Talks
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

6
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 **LL** The Topic Of the Day (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (MC)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

7
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 **IS** Random Acts of Kindness (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo (HWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

8
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Arts and Crafts (IR)
 3:30 **EF** High Tea Happy Hour (DWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

9
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club (HWY)
 10:00 **C** Coffee Club (MC)
 11:00 **LL** Ready, Set, Let's Learn (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo (DWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

10
 10:30 **LL** Daily Chronicle & Events (IR)
 10:30 **IS** Mass of the Air
 11:00 **C** Spread some Love to the Neighborhood
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 **EF** Trivia
 3:30 **EF** January's Tunes of the Week (HWY)
 6:00 Movie Time! (IR)

11
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

12
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 Arts and Crafts (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **LL** Ted Talks (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

13
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 11:00 **LL** The Topic of the Day (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

14
 10:00 **HF** Walking Club (LB)
 10:00 **LL** Daily Chronicle & Events (IR)
 11:00 Puzzle Packets (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

15
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Arts and Crafts (IR)
 3:00 **EF** Bottles and Boards Happy Hour (MC)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

16
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 10:00 **C** Coffee Club (AR)
 11:00 **LL** Ready, Set, Let's Learn (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo (DWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

17
 10:30 **LL** Daily Chronicle & Events (IR)
 10:30 **IS** Mass of the Air
 11:00 **C** Spread some Love to the Neighborhood
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 **EF** Trivia
 3:30 **EF** January's Tunes of the Week (HWY)
 6:00 Movie Time! (IR)

Martin Luther King Junior Day 18
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 **LL** Martin Luther King Junior Packet (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

19
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 11:00 Puzzle Packets (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **LL** Ted Talks (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

20
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 **LL** The Topic of the Day (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (IR)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

21
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 **IS** Random Acts of Kindness (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

22
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Arts and Crafts (IR)
 3:00 **EF** Presidential Happy Hour (MC)
 6:00 Movie Time! (IR)

23
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 10:00 **C** Coffee Club (MC)
 11:00 **LL** Ready, Set, Let's Learn (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo (DWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

24
 10:30 **LL** Daily Chronicle & Events (IR)
 10:30 **IS** Mass of the Air
 11:00 **C** Spread some Love to the Neighborhood
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 **EF** Trivia
 3:30 **EF** January's Tunes of the Week (HWY)
 6:00 Movie Time! (IR)

25
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

26
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 Arts and Crafts (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **LL** Ted Talks (HWY)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

27
 10:00 **HF** Walking Club
 10:00 **LL** Daily Chronicle & Events (IR)
 11:00 **LL** The Topic of the Day (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 3:00 **C** Social Distance Happy Hour (MC)
 5:30 **HF** Walking Club
 6:00 Movie Time! (IR)

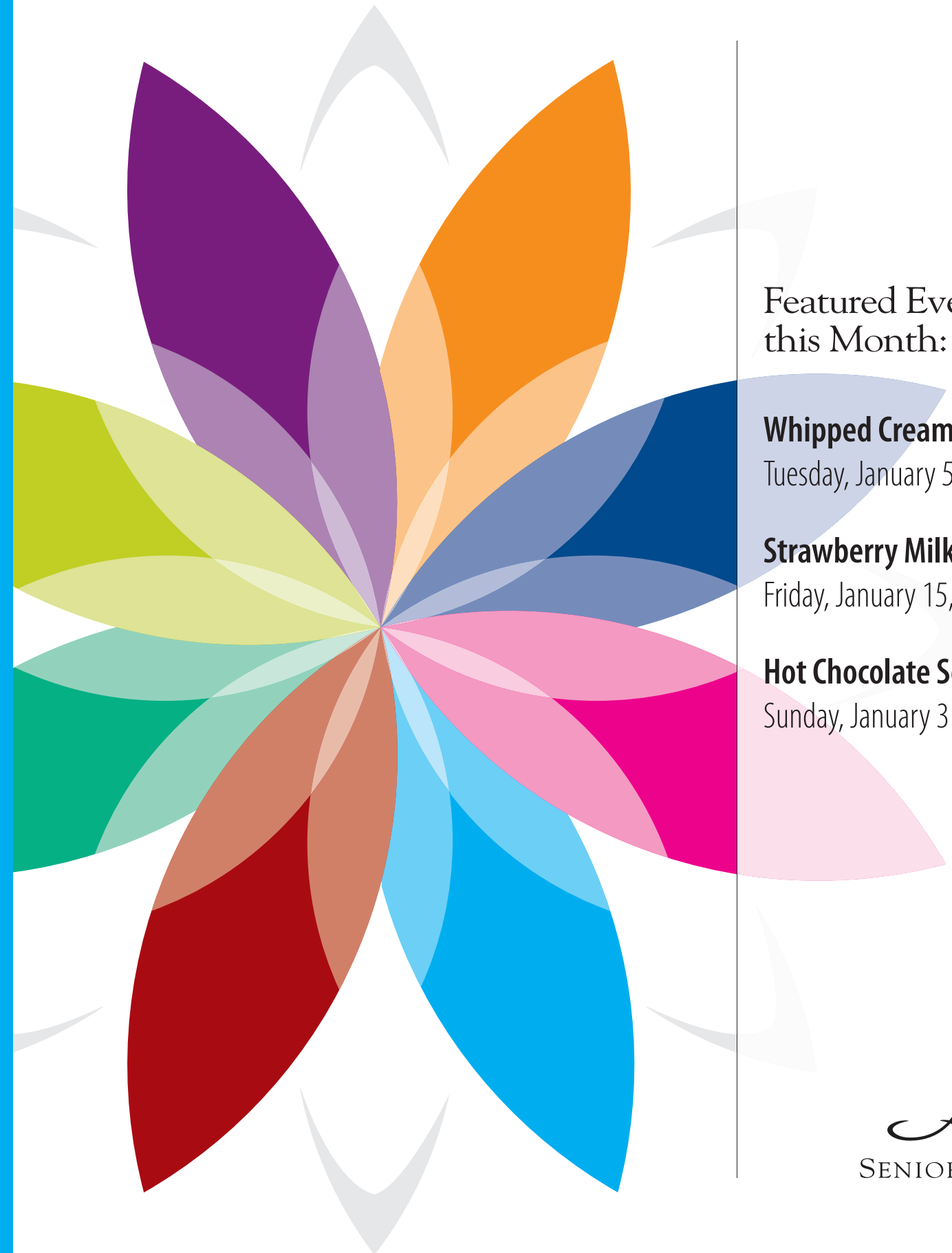
28
 10:00 **LL** Daily Chronicle & Events (IR)
 10:00 **HF** Walking Club
 11:00 **IS** Random Acts of Kindness (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

29
 10:00 **HF** Walking Club (HWY)
 10:00 **LL** Daily Chronicle & Events (IR)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Arts and Crafts (IR)
 3:00 **EF** Coffee Bar Happy Hour (MC)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

30
 10:00 **HF** Walking Club (HWY)
 10:00 **C** Coffee Club (IR)
 10:00 **LL** Daily Chronicle & Events (IR)
 11:00 **LL** Ready, Set, Let's Learn (HWY)
 1:30 **HF** Dynamic Warm Up (DWY)
 2:30 Bingo (DWY)
 5:30 **HF** Walking Club (HWY)
 6:00 Movie Time! (IR)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Whipped Cream Craft
Tuesday, January 5, 1:00 PM

Strawberry Milkshakes
Friday, January 15, 2:00 PM

Hot Chocolate Social
Sunday, January 31, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **LL** Trivia
 2:00 **C** Hot Chocolate Social
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks



PA Personal Achievement
HF Health & Fitness
EF Entertainment & Fun
CV Civic Engagement
LL Lifelong Learning
CE Creative Expression
IS Inspiration & Spirituality
C Connection
AW Atria StoryWise
M Music

1

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Bunco
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

2

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CE** Adult Coloring & Relaxation
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

3

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **LL** Trivia
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

4

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

5

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CE** Whipped Cream Craft
 2:00 **M** Mixology with Music
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

6

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Sweater Coffee Club

7

9:30 **IS** Morning Devotions
 10:00 **C** Morning Refresher
 1:00 Hand Spa
 1:00 **CV** Make Winter Skin Gift Bags for Staff
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **PA** Resident Spotlight and Snacks

8

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

9

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CE** Adult Coloring & Relaxation
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

10

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **LL** Trivia
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

11

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

12

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 Hand Spa
 2:00 **M** Mixology with Music
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

13

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Sweater Coffee Club

14

9:30 **IS** Morning Devotions
 10:00 **C** Morning Refresher
 1:00 Hand Spa
 1:00 **CV** Thank You Notes to First Responders
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **PA** Resident Spotlight and Snacks

15

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 2:00 **C** Strawberry Milkshakes
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

16

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CE** Adult Coloring & Relaxation
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

17

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **LL** Trivia
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

18

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Snowflake Snack
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

19

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CV** PenPals
 2:00 **C** Coffee Social
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

20

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Cheese Snack
 3:00 **HF** Stretches & Exercise
 6:00 **C** Sweater Coffee Club

21

9:30 **IS** Morning Devotions
 10:00 **C** Morning Refresher
 1:00 Hand Spa
 2:00 **M** Mixology with Music
 3:00 **HF** Stretches & Exercise
 6:00 **PA** Resident Spotlight and Snacks

22

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

23

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CE** Adult Coloring & Relaxation
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

24

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **LL** Trivia
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

25

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Marshmallow Snack
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

26

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CV** Thank You Notes for Staff
 2:00 **C** Tea and Trivia
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

27

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Sweater Coffee Club

28

9:30 **IS** Morning Devotions
 10:00 **C** Morning Refresher
 1:00 Hand Spa
 2:00 **M** Mixology with Music
 3:00 **HF** Stretches & Exercise
 6:00 **PA** Resident Spotlight and Snacks

29

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **EF** Happy Visits
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks

30

9:30 **EF** Friendly Connections
 10:00 **C** Morning Refresher
 1:00 **CE** Adult Coloring & Relaxation
 2:00 **C** Mixology
 3:00 **HF** Stretches & Exercise
 6:00 **C** Coffee and Snacks